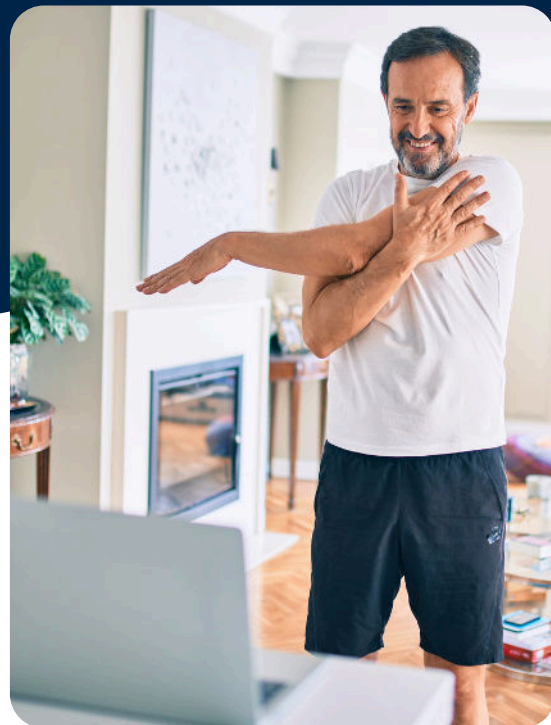


Experience August's Live Events

Our August events invite you to get Back to Basics! Join us to discover ways to reset your body, mind and soul from sleep to movement and hydration. Learn to focus on simplifying routines and master the foundations of well-being.



August 7

@12:00 PM ET

[REGISTER](#)

Rest Uncovered: Exploring Whole-Body Renewal Beyond Sleep

Discover what it really means to feel restored and how we can build more meaningful rest into our daily lives. From setting boundaries to disconnecting from mental clutter, we'll explore how rest supports sustainable well-being across every part of life.



August 20

@12:00 PM ET

[REGISTER](#)

From Stuck to Strong: Reconnecting with Movement on Your Own Terms

This is your invitation to reconnect with your body — without pressure, pain, or perfection. In this back-to-basics webinar, you'll learn how simple, intentional movement can build strength, support your mood, and help you feel at home in your body again.



August 28

@12:00 PM ET

[REGISTER](#)

Back to Basics: The Essential Role of Hydration

This event highlights foundational ways to support hydration that go beyond just "drink more water." From food choices to mindful routines, we'll explore practical, often missed strategies to stay refreshed and energized every day.

